

# Family Education Sheet

## How to Clean an Inhaler and Spacer



**Boston Children's Hospital**  
Until every child is well™

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[www.bostonchildrens.org/familyeducation](http://www.bostonchildrens.org/familyeducation)

It is important to clean your inhaler once a week (or more often if recommended) so that it does not clog.

**Important:** Do not clean the metal canister or get it wet.

Follow the steps below to clean your inhaler.



1. Wash your hands.



2. Take the canister out of the plastic inhaler cover.



3. Take the cap off of the inhaler.



4. Hold the top of the inhaler cover under warm water for 30 seconds.



5. Turn the inhaler cover upside down and run the bottom under the warm water for 30 seconds.



6. If needed, use a toothpick to scratch off any hardened medicine from the small hole in the inhaler cover.



7. Shake off any water on the inhaler cover.



8. Place the cleaned parts of the inhaler on a paper towel and let air dry.



Scan this QR code to watch our video on how to clean your inhaler. Or visit our website:

<http://www.childrenshospital.org/centers-and-services/programs/allergy-and-asthma-program/helpful-links-and-resources>.

It is important to clean your spacer once a week (or more if recommended). Follow the steps below to clean your spacer.

Follow the steps below to clean your spacer.



1. Wash your hands.



Spacer with mouthpiece



Spacer with face mask



Spacer with mouthpiece



Spacer with face mask

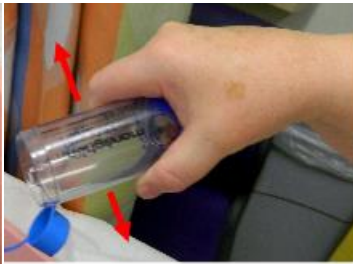
3. Twist off the front part of the spacer.



4. Soak the spacer parts in mild, soapy water for 15 minutes.



5. Rinse the spacer parts in clean water.



6. Shake off any water on the spacer.



Spacer with mouthpiece



Spacer with facemask

7. Let spacer parts air dry on a paper towel. Stand spacer up to dry. Do not dry your spacer with a cloth towel because it can leave lint in the spacer.



Scan this QR code to watch our video on how to clean your spacer. Or visit our website: <http://www.childrenshospital.org/centers-and-services/programs/allergy-and-asthma-program/helpful-links-and-resources>.

## Do you have a dishwasher?

You can wash all parts of the spacer, including the facemask, in the dishwasher. Just put them on the top rack!



## Do you have a mouthpiece or a facemask?

